



**SPEEDO NSW STATE 13 YEARS & OVER  
SHORT COURSE CHAMPIONSHIPS  
SYDNEY OLYMPIC PARK AQUATIC CENTRE  
24 - 26 AUGUST, 2018**

<b>Session 1</b>				
<b>Friday 24 August, 5:00pm</b>				
<b>B</b>	<b>G</b>			
1	2	13 Years	200m	Individual Medley
3	4	14 Years	200m	Individual Medley
5	6	15 Years	200m	Individual Medley
7	8	16 Years	200m	Individual Medley
9	10	17/18 Years	200m	Individual Medley
11	12	19 Years/Over	200m	Individual Medley
13	14	Open	50m	Breaststroke
15	16	13 Years	100m	Breaststroke
17	18	14 Years	100m	Breaststroke
19	20	15 Years	100m	Breaststroke
21	22	16 Years	100m	Breaststroke
23	24	17/18 Years	100m	Breaststroke
25	26	19 Years/Over	100m	Breaststroke
27		Open	1500m	Freestyle

<b>Session 2</b>					<b>Session 3</b>				
<b>Saturday 25 August, 9:00am</b>					<b>Saturday 25 August, Not before 12:30pm</b>				
<b>B</b>	<b>G</b>				<b>B</b>	<b>G</b>			
28	29	Open	50m	Butterfly	58	59	Open	50m	Backstroke
30	31	13 Years	100m	Freestyle	60	61	13 Years	200m	Butterfly
32	33	14 Years	100m	Backstroke	62	63	14 Years	100m	Freestyle
34	35	15 Years	200m	Breaststroke	64	65	15 Years	100m	Butterfly
36	37	16 Years	200m	Backstroke	66	67	16 Years	100m	Freestyle
38	39	17/18 Years	100m	Freestyle	68	69	17/18 Years	200m	Butterfly
40	41	19 Years/Over	100m	Freestyle	70	71	19 Years/Over	200m	Butterfly
42	43	13 Years	200m	Backstroke	72	73	13 Years	100m	Backstroke
44	45	14 Years	100m	Butterfly	74	75	14 Years	200m	Breaststroke
46	47	15 Years	200m	Backstroke	76	77	15 Years	50m	Freestyle
48	49	16 Years	50m	Freestyle	78	79	16 Years	200m	Butterfly
50	51	17/18 Years	200m	Backstroke	80	81	17/18 Years	100m	Backstroke
52	53	19 Years/Over	200m	Backstroke	82	83	19 Years/Over	100m	Backstroke
54	55	13-15 Years	4x50m	Freestyle Relay	84	85	13-15 Years	400m	Freestyle
56	57	16 Years/Over	400m	Freestyle	86	87	16 Years/Over	4x50m	Medley Relay

**AGE AS AT 24 AUGUST, 2018  
ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018  
ENTRY FEE \$18.00 PER INDIVIDUAL EVENT, RELAY EVENT \$36.00 (GST INCLUSIVE)**



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Session 4 Sunday 26 August, 9:00am					Session 5 Sunday 26 August, Not before 12:30pm				
B	G				B	G			
88	89	Open	100m	Individual Medley	119	120	16 Years/Over	400m	Individual Medley
90	91	13 Years	200m	Breaststroke	121	122	13 Years	100m	Butterfly
92	93	14 Years	50m	Freestyle	123	124	14 Years	200m	Backstroke
94	95	15 Years	100m	Freestyle	125	126	15 Years	100m	Backstroke
96	97	16 Years	200m	Freestyle	127	128	16 Years	100m	Backstroke
98	99	17/18 Years	50m	Freestyle	129	130	17/18 Years	100m	Butterfly
100	101	19 Years/Over	50m	Freestyle	131	132	19 Years/Over	100m	Butterfly
102	103	13 Years	50m	Freestyle	133	134	13 Years	200m	Freestyle
104	105	14 Years	200m	Butterfly	135	136	14 Years	200m	Freestyle
106	107	15 Years	200m	Butterfly	137	138	15 Years	200m	Freestyle
108	109	16 Years	200m	Breaststroke	139	140	16 Years	100m	Butterfly
110	111	17/18yrs	200m	Breaststroke	141	142	17/18 Years	200m	Freestyle
112	113	19 Years/Over	200m	Breaststroke	143	144	19 Years/Over	200m	Freestyle
114	115	13-15 Years	4x50m	Medley Relay	145	146	13-15 Years	400m	Individual Medley
116	117	16 Years/Over	4x50m	Freestyle Relay					
	118	Open	800m	Freestyle					

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- Only athletes who are aged 13 years or older are allowed to compete at these Championships
- In events 84, 85, 145 & 146, 400 Freestyle and Individual Medley; Medals will be awarded in the following age groups: 13yrs, 14yrs & 15yrs
- In events 56, 57, 119 & 120, 400 Freestyle and Individual Medley; Medals will be awarded in the following age groups: 16yrs, 17/18yrs & 19 & Over
- A swimmer may only appear in one (1) relay team list for that event
- Where a club enters three (3) or more relay teams, **all teams** must meet the qualifying time to be eligible

**Club Relay Qualifying Times**

Men & Boys		16yrs & Over	13-15yrs
FREESTYLE	4x50m	1:57.50	2:02.50
MEDLEY	4x50m	2:15.00	2:22.50
Women & Girls		16yrs & Over	13-15yrs
FREESTYLE	4x50m	2:00.00	2:05.00
MEDLEY	4x50m	2:28.00	2:28.00



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**Qualifying Times - Men & Boys**

		Open	19 & Over	17/18yrs	16yrs	15yrs	14yrs	13yrs
<b>FREESTYLE</b>	50m		25.20	25.90	26.00	26.30	26.70	28.00
	100m		55.00	56.00	56.00	56.50	58.50	1:00.50
	200m		2:01.00	2:01.00	2:02.00	2:04.00	2:08.00	2:13.00
	400m		4:24.50	4:25.00	4:26.50	4:30.00	4:34.50	4:39.00
	1500m	17:10.00						
<b>BACKSTROKE</b>	50m	28.00						
	100m		1:03.00	1:04.50	1:05.50	1:05.50	1:07.00	1:10.00
	200m		2:19.50	2:22.80	2:23.00	2:26.00	2:28.00	2:33.00
<b>BREASTSTROKE</b>	50m	31.00						
	100m		1:12.20	1:12.20	1:14.00	1:14.50	1:15.00	1:20.00
	200m		2:38.00	2:39.00	2:43.00	2:45.00	2:49.00	2:55.00
<b>BUTTERFLY</b>	50m	26.50						
	100m		1:01.00	1:01.50	1:04.00	1:04.50	1:05.00	1:09.00
	200m		2:20.00	2:21.00	2:24.00	2:27.00	2:35.00	2:37.00
<b>INDIVIDUAL MEDLEY</b>	100m	1:05.00						
	200m		2:18.00	2:19.00	2:21.00	2:22.00	2:24.50	2:30.00
	400m		4:50.00	4:51.00	4:55.00	4:55.00	5:00.00	5:05.00

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**ENTRIES CLOSE 5PM TUESDAY 14 AUGUST, 2018**

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**Qualifying Times - Women & Girls**

		Open	19 & Over	17/18yrs	16yrs	15yrs	14yrs	13yrs
<b>FREESTYLE</b>	<b>50m</b>		28.50	28.60	28.70	28.80	28.90	29.50
	<b>100m</b>		1:01.50	1:02.00	1:02.00	1:02.00	1:02.00	1:03.50
	<b>200m</b>		2:14.00	2:15.50	2:16.00	2:16.00	2:15.00	2:17.50
	<b>400m</b>		4:41.00	4:43.00	4:46.50	4:48.50	4:50.00	4:52.50
	<b>800m</b>		9:40.00					
<b>BACKSTROKE</b>	<b>50m</b>	31.00						
	<b>100m</b>		1:10.00	1:11.70	1:12.00	1:11.50	1:11.00	1:12.00
	<b>200m</b>		2:30.00	2:33.00	2:33.50	2:34.50	2:35.50	2:36.50
<b>BREASTSTROKE</b>	<b>50m</b>	35.00						
	<b>100m</b>		1:20.50	1:22.00	1:22.00	1:22.00	1:21.00	1:24.00
	<b>200m</b>		2:52.00	2:54.00	2:55.00	2:57.00	2:56.50	3:01.00
<b>BUTTERFLY</b>	<b>50m</b>	30.00						
	<b>100m</b>		1:09.50	1:11.00	1:11.00	1:11.00	1:11.00	1:12.50
	<b>200m</b>		2:33.00	2:35.50	2:35.50	2:36.00	2:38.00	2:40.00
<b>INDIVIDUAL MEDLEY</b>	<b>100m</b>	1:11.50						
	<b>200m</b>		2:31.00	2:33.00	2:33.00	2:33.00	2:33.00	2:35.40
	<b>400m</b>		5:14.50	5:15.00	5:15.00	5:20.00	5:20.00	5:22.00

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